

## Eaton County Resources

### Hayes Green Beach Hospital

[www.hgbfasthealth.com](http://www.hgbfasthealth.com)

This web site has links to health information.

### Hayes Green Beach Wellness Center

[www.hgbhealth.com/](http://www.hgbhealth.com/)

Charlotte, Michigan

517-543-9575

### Eaton Rapids Medical Center

[www.eatonrapidsmedicalcenter.org/](http://www.eatonrapidsmedicalcenter.org/)

(517) 663-2671

### Community Partners in Health

[www.cphlansing.com](http://www.cphlansing.com)

### A general website for Eaton County

[www.eatoncounty.org](http://www.eatoncounty.org)

### For diabetic resources in your area:

[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)



## Other Wellness Related Links

### Alcoholism or Alcohol Abuse

National Interactive Screening Project. Call for a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening).

Keyword is "espmi".

### Depression Screening

National Interactive Screening Project. Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening).

Keyword is "espmi".

### Anxiety Screening

For a free anonymous screening go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### Eating Disorders Screening

For a free anonymous screening go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### State of Michigan Employee Service Program

Toll free 1-800-521-1377

## **Organization & Association web links**

American Cancer Society

1 800 227-2345

[www.cancer.org](http://www.cancer.org)

American Heart Association

1 800 242-8721

[www.americanheart.org](http://www.americanheart.org)

American Lung Association

[www.alam.org](http://www.alam.org)

For local resources call: 1-800-LUNG-USA

For lung health questions call: 1-800-548-8252

American Diabetes Association

1 800 232-3472

[www.diabetes.org](http://www.diabetes.org)

American Dietetic Association

1 800 366-1655

[www.eatright.org](http://www.eatright.org)

Centers for Disease Control

[www.cdc.gov](http://www.cdc.gov)

Michigan Steps Up

[www.michiganstepsup.org](http://www.michiganstepsup.org)

National Institutes of Health

[www.nih.gov](http://www.nih.gov)

National Kidney Foundation of Michigan

[www.nkfm.org](http://www.nkfm.org)

US Dept of Health and Human Services

[www.hhs.gov/](http://www.hhs.gov/)

Alcoholics Anonymous

[www.aa.org](http://www.aa.org)

## **Recreation**

**Eaton County Parks**

[www.eatoncounty.org](http://www.eatoncounty.org)

Look under recreation

**Michigan's 97 State Parks** offer a variety of opportunities for physical activity, including canoeing, hiking, bicycling, swimming, water skiing and snow skiing.

[www.michigan.gov/dnr/0,1607,7-153-10365---,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

**North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

**Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

**Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

**Michigan bicycle club info**

[www.lmb.org/](http://www.lmb.org/)

[www.mmba.org/](http://www.mmba.org/)

**Michigan Walking club and events info**

[www.ava.org](http://www.ava.org)

**Sparrow LifeTime**

Lansing

1-800-772-7769

[www.sparrow.org/lifetime](http://www.sparrow.org/lifetime)

Sparrow LifeTime is a free, healthy-living program for adults 55-plus in mid-Michigan.

**YMCA Westside Community Branch Lansing**

[www.ymcaoflansing.org/westsidecommunityymca.html](http://www.ymcaoflansing.org/westsidecommunityymca.html)

3700 Old Lansing Rd.

(517) 827-9670

**YMCA Downtown Lansing**

[www.ymcaoflansing.org](http://www.ymcaoflansing.org)

Wellness Center

119 N. Washington Square

(517) 827-9640

**Lansing Community College**

Learning for Life

[www.lcc.edu/ece/learning4life/](http://www.lcc.edu/ece/learning4life/)

**Michigan State University**

[www.msu.edu](http://www.msu.edu)